

RESET!

Spirit·Mind·Body



Restore, Refresh, Reset

By Craig Wolf, Director of Community Development, YMCA of York and York County

Matthew 11:28

“Come to me all you who are weary and burdened, and I will give you rest.”

This past year has stretched us in many ways. Our world views have been radically challenged by national and international events. We have been confronted with division and discord. We may have lost a job and don't know where our next meal and rent payment is coming from. We may find ourselves with children at home who are attempting to school virtually, but have no one to be with them while we work. We may question how we can effectively communicate with family, friends, neighbors, and community members who have profoundly different belief systems than our own.

And we have become tired. And we have become weary, yearning for peace, for joy, for a kind word, for relief, for respite.

In the midst of this storm, a calm soothing voice comes to us. We hear Jesus whisper this word: “Come.” And the whisper continues “to me,” and then the amazingly inclusive word “all”... all of us who are weary and burdened.

No matter your circumstances, no matter who you are, no matter what you've done, no matter who you've become, no matter what you believe, the whisper is for you to come to him. And we are promised rest.

The YMCA is here to help us RESET our lives. We seek to restore and refresh our spirits on the path to this RESET of our lives. And restoration begins with ... rest. The rest we seek can be found again in the simple words of this passage as Jesus encourages us to “learn from me, and you will find rest for your souls.” As we find rest, we can once again move forward on our journey with hope and confidence.

Will we be seekers?